

**AMENDMENTS TO THE CLAIMS:**

The following listing of claims replaces all prior listings, and all prior versions, of claims in the application.

**LISTING OF CLAIMS:**

1. (Currently amended) A food ingredient that is a mixture of bran and shorts obtained by grinding an immature seed of wheat or barley ~~during maturation period from immediately after the heading until the maturation~~, wherein the content of free glutamine is 150 to 405mg/100g, the content of valine is 190 to 325mg/100g, the content of isoleucine is 125 to 145mg/100g, the content of leucine is 350 to 520mg/100g and the content of arginine is 155 to 260mg/100g.

2. (Currently amended) A food ingredient that is a 60% flour obtained by grinding an immature seed of wheat or barley ~~during maturation period from immediately after the heading until the maturation~~, wherein the content of free glutamine is 70 to 155mg/100g, the content of valine is 65 to 125mg/100g, the content of isoleucine is 30 to 60mg/100g, the content of leucine is 120 to 175mg/100g and the content of arginine is 105 to 305mg/100g.

3. (Currently amended) A method of production of a food ingredient which comprises allowing a mixture of bran and shorts obtained by grinding a mature seed of wheat or barley selected from a group of wheat, two-row ~~malting~~ barley and naked barley to be immersed in water under a condition of a pH of 3.0 to 5.5 and at 40 to 60°C for 1 to 6 hours, wherein the content of free glutamine is 20 to 430 mg/100g, the content of valine is 20 to 435mg/100g, the content is isoleucine is

15 to 130mg/100, the content of leucine is 35 to 435mg/100g and the content of arginine is 25 to 300mg/100g.

4. (Currently amended) A method of the production of the food ingredient according to claim 1 which comprises allowing a ground product of an immature seed of wheat or barley selected from a group of wheat, two-row ~~malting~~ barley and naked barley ~~during maturation period from immediately after the heading until the maturation~~ to be immersed in water under a condition of a pH of 3.0 to 5.5 and at 40 to 60°C for 1 to 6 hours.

5. and 6. (Cancelled).

7. (Currently amended) A method of production of the food ingredient according to claim 2 which comprises allowing a ground product of an immature seed of wheat or barley selected from a group of wheat, two-row ~~malting~~ barley and naked barley ~~during maturation period from immediately after the heading until the maturation~~ to be immersed in water under a condition of a pH of 3.0 to 5.5 and at 40 to 60°C for 1 to 6 hours.

8. (Cancelled).

9. (New) The food ingredient according to claim 1, wherein said immature seed is a seed 4 to 5 weeks after heading.

10. (New) The food ingredient according to claim 1, which is in a form of an aqueous solution.
11. (New) The food ingredient according to claim 1, which is in a form of a dry powder, having been subjected to a drying treatment at 110°C or lower.
12. (New) The food ingredient according to claim 1, wherein a composition ratio of each amino acid of valine, isoleucine, leucine, arginine and glutamine is 1:1:1-2:1 or greater:1 or greater.
13. (New) The method of production of the food ingredient according to claim 3, wherein said pH is 4.0 to 5.0.